

Discussion Questions

- How do you feel at this moment?
- Can you think of a more precise word to describe that?
- Why do you feel that way?
- What is causing you to feel that emotion?
- Are you showing that emotion? If so, how?
- Can anyone else remember a time that they felt that way?
- Does your current emotion benefit your current situation?
- What can we do to get our emotions back to a place that fits the situation?
- How can we increase our feelings of pleasantness?
- How can we increase or decrease our level of energy?
- What will happen if you continue to feel this way for the next few hours?
- How can you decrease the intensity of that emotion?
- What happened and how did that make you feel?